



Top 5 Leafy Greens for Hydroponics

The five best leafy vegetables for beginners and experienced growers alike — growth cycles, nutrient needs, and harvesting guidance for each.

Lettuce → Arugula
5 Beginner-Friendly Crops

NFT · DWC · Kratky
Systems Covered

30–45 Days
Typical Harvest Cycle

Why Leafy Greens Are the Best Place to Start

Hydroponic cultivation grows plants without soil — a carefully balanced nutrient solution delivers everything roots need directly.

Leafy greens are particularly well-suited to hydroponic production: short growing cycles, minimal space requirements, and the ability to be harvested repeatedly or grown in succession year-round. For beginners, they're often the best place to start — no long growth period like fruiting crops, and comparatively easy to manage with proper attention to water quality, nutrient concentration, pH, light, temperature, and oxygen.

THE FIVE CROPS COVERED

1

Lettuce

2

Spinach

3

Kale

4

Swiss Chard

5

Arugula

Throughout this guide — recommended nutrient pairings point to the neoKesan formula best suited to each crop and growth stage.

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BEGINNER'S TOP CHOICE

Lettuce

30–45 Days

Widely considered the easiest, most beginner-friendly hydroponic crop. It grows quickly, has a compact root system, and adapts well to NFT, DWC, and raft systems. Loose-leaf and butterhead varieties are especially popular for their rapid development and staggered-harvest potential.



Growing Requirements

- Suitable pH management
- Moderate nutrient concentration
- Adequate light & good air circulation
- Suitable temperature conditions

BEST FOR

Beginners, commercial farms, NFT/DWC systems, indoor cultivation

Recommended nutrient — neoFolix X1 + X2 Hydroponic Nutrient Solution Combo Set

Harvesting: Harvest the entire head once it reaches desired size, or take individual outer leaves while the plant continues producing.

Valued for its nutritional content and versatility — salads, smoothies, cooked dishes, and juices. Because spinach is harvested for its leaves only, growers don't need to manage flowering or fruit production, keeping crop management straightforward.



Commonly grown in NFT, DWC, and vertical systems. Its compact growth habit allows multiple plants in a limited area, and the absence of soil reduces problems with soil-borne weeds and pathogens.

Growing Requirements

- Cool to moderate growing temperatures
- Regular nutrient solution monitoring
- Adequate nitrogen and essential nutrients
- Good water circulation and oxygenation

BEST FOR

Cool-season production, baby-leaf harvests, home gardens

Recommended nutrient — neoFolix X1 + X2 Hydroponic Nutrient Solution Combo Set, or neoPonic A + B Combo Set

Harvesting: Harvest as baby leaves, or use cut-and-come-again on outer leaves while keeping the central growing point intact.

A highly nutritious leafy vegetable increasingly popular among health-conscious consumers. More robust than delicate leafy greens, kale tolerates a wider range of growing conditions — suitable for both beginners and experienced growers.



Kale doesn't require pollination, since leaves are the harvested product — eliminating flower management entirely. It can be grown in NFT, DWC, drip irrigation, and vertical farming systems with adequate spacing. It has a longer production period than baby-leaf lettuce, but multiple harvests make it attractive for continuous production.

Growing Requirements

- Adequate light
- Moderate temperatures
- Adequate spacing for air movement
- Regular monitoring of nutrient solution, pH, and root health

BEST FOR

Repeated harvesting, vertical farming, health-focused markets

Recommended nutrient — neoFolix X1 + X2 Hydroponic Nutrient Solution Combo Set, or neoPonic A + B Combo Set

Harvesting: Remove mature outer leaves while the central growing point keeps producing — extends productive life and gives a continuous supply.

An attractive, productive leafy vegetable popular for its colorful stems (green, red, pink, yellow, or multicolored) and large edible leaves — suited to home cultivation as well as premium fresh-produce markets and restaurants.



A key advantage is its ability to provide multiple harvests from the same plant — remove mature outer leaves while younger leaves continue developing. Swiss chard adapts well to different hydroponic conditions, including DWC, NFT, and drip-based systems.

Growing Requirements

- Adequate light for healthy leaf development and coloration
- Regular monitoring of water quality and nutrient concentration
- Adequate root-zone oxygenation
- Sufficient spacing for air circulation and light penetration

BEST FOR

Repeated harvesting, premium produce, home & commercial farms

Recommended nutrient — neoFolix X1 + X2 Hydroponic Nutrient Solution Combo Set, or neoPonic A + B Combo Set

Harvesting: Begin once leaves reach a suitable size — remove outer leaves individually, leaving the central growing point intact for continued production.

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FAST & PEPPERY

Arugula (Rocket)

Quick Cycle

A fast-growing leafy green with a distinctive peppery flavor, commonly used in salads, sandwiches, pizzas, and gourmet dishes. Because arugula grows rapidly and can be harvested at the baby-leaf stage, it's excellent for growers wanting a quick production cycle.



Relatively simple to cultivate and doesn't require pollination when grown for leaf production. Rapid growth allows quick harvests and continuous production by sowing new batches at regular intervals. Suitable for NFT, DWC, and vertical farming systems where space efficiency matters.

Growing Requirements

- Cool to moderate temperatures
- Sufficient light
- Good root-zone oxygenation
- Regular monitoring of pH and nutrient concentration

BEST FOR

Fast production, baby-leaf markets, salads, vertical farming

Recommended nutrient — neoFolix X1 + X2 Hydroponic Nutrient Solution Combo Set, or neoPonic A + B Combo Set

Harvesting: Harvest as baby leaves for tender salad-mix texture, or let grow larger. Regular harvesting while maintaining the growing point supports continuous production.

GROW WITH US



Write to neoKesan

We're an education-first brand — beyond the bottle, we guide our growers through the intricacies of growing, from first sprout to full harvest. Start your leafy-green journey with the right nutrients.

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